

# KAISERSEMME

Austrian Wheat Buns



## - Ingredients -

340g wheat flour  
200g water  
10g yeast  
6g barley malt syrup  
3g butter or vegetable oil  
6g salt



2h fermenting - 20' baking



Yield 8 rolls

## - Instructions -

- Prepare the mise en place.
- Combine the wheat flour with the water, yeast, and malt syrup in the bowl of a standing electric mixer fitted with a hook. Mix on low speed for about 4 minutes, or until blended.
- Add the salt and butter or vegetable oil, increase the mixer speed to medium, and mix for about 8 minutes, or until the dough begins to pull away from the sides of the bowl, feels elastic, and gives some resistance when tugged.
- Lightly oil a large bowl or container.
- Scrape the dough into the prepared bowl or container. Cover the bowl with plastic film and set aside to ferment for 45 minutes to 1 hour.
- Lightly flour a clean, flat work surface.
- Uncover the dough and divide it into eight 70g rounds on the floured surface. Cover with plastic film and rest for 15 minutes.
- Line two sheet pans with parchment paper.
- Uncover the dough and, if necessary, lightly flour the work

surface. If you have a Kaiser Roll stamp, press the centre of the roll with it. If you don't have a stamp, lightly press on the dough to de-gas and carefully shape each round into an oval shape. Working with one piece at a time, place your left thumb on the left half of the piece and fold the dough over your thumb to the middle of the piece. With a strike of the side of your hand, the fold is fixed. Then roll the adjacent dough with the fingertips of your left hand towards the middle and fix the resulting fold with another strike. Repeat the last step twice more. The remaining end of the dough needs to be stuck into the hollow where the thumb was. Then press that end together. You should now have a roll that is rather like a rosette. Place 4 rolls, seam side down, onto each of the prepared pans. Cover with plastic film and ferment for 30 minutes to 1 hour.

- About an hour before you are ready to bake the rolls, preheat the oven to 200° C.
- Uncover the dough and transfer the rolls to the preheated oven. Bake for 18 - 22 minutes, until the rolls are golden brown and crisp.
- Remove from the oven and transfer to wire racks to cool.

The Kaisersemmel (also known as Kaiser Roll) is a typically crusty round bread roll, originally from Austria. The top side is usually divided in a symmetric pattern of five segments resembling a star which gives this roll its characteristic crispness. Kaiser rolls have existed in a recognizable form at least since prior to 1760. Until the middle of the 20<sup>th</sup> century the Kaisersemmel was known as a luxury-product due to the laborious production.

There are many stories about the origin of the Kaisersemmel. One of them is about a baker from Vienna called Kayser who invented the Kaysersemmel in the middle of the 18<sup>th</sup> century. Other sources believe that it has been named to honour the Emperor (Kaiser) of Austria. During the reign of Emperor Franz Josef (1848-1916) it was popular to use the designation "Kaiser" for food products of highest quality. Another assumption is that it derives from the Italian "a la casa".